



INFORMATION FOR VEBA MEMBERS

2019 Optum Bank HRA Reimbursement Reminder

Did you have an HRA through Optum Bank in 2019 (offered with either the UHC Alliance or PPO plans)? If you switched to a non-HRA plan or Journey HRA plan this year, you receive a 120-day grace period to submit claims for payment.

Be sure to submit claims before April 29, 2020. New claims will not be processed for payment if submitted after this timeframe.

Optum HRA funds are non-transferrable and will not roll over to the new Journey HRA plans.

Learn About Free VEBA Well-being Resources at the Healthy Reboot Program

The VEBA Resource Center (VRC) was designed to help members manage their well-being through a wide range of personalized programs and services. Our Healthy Reboot program offers an introduction to all of our free services, such as fitness training, nutrition education, meditation, acupuncture and cooking classes.

Free childcare is available for members during the Healthy Reboot program.

Spots are available in this popular program starting in April. Upcoming dates are April 4, April 18, May 2 and May 16. Register or check out future dates [here](#).

To learn more, visit vebaresourcecenter.com, email VRC@mcgregorinc.com or call 888-276-0250.

Nutrition Resources from UnitedHealthcare

Learn more about nutrition with these resources from UnitedHealthcare:

- Recorded presentations on [nutrition basics](#) or the [Mediterranean diet](#).
- [Nutrition library](#) featuring healthy eating topics such as mindful eating, dehydration and decoding the dietary guidelines.

UPCOMING HEALTH CLASS PROVIDED BY SHARP (SAN DIEGO)

Feeding Today's Kids Workshop

Getting your little ones to eat healthy can seem impossible these days. Attend a free workshop presented by Sharp HealthCare to learn about the benefits of instilling healthy eating habits at home. There will be time to ask questions as well.

Fee: Free

When: Tuesday, March 10, from 12:30 to 1:30 p.m.

Where: San Diego Central Library
Mary Hollis Clark Conference Center
330 Park Blvd
San Diego, CA 92101

>> [Click here to register](#)

Benefits of Exercise for Adults Workshop

This free workshop will teach you simple exercises that you can do at home to build strength, balance and flexibility. You will also learn more about community-based programs and how to get involved in interactive exercises from a Sharp Rees-Stealy physical therapist.

Fee: Free

When: Wednesday, March 25, from 5:30 to 6:30 p.m.

Where: Pt. Loma/Hervey Branch Library
Marla Haas Community Room
3701 Voltaire St
San Diego, CA 92107

>> [Click here to register](#)

UPCOMING HEALTH CLASS PROVIDED BY SCRIPPS (SAN DIEGO)

Mindful and Healthy Eating

March is National Nutrition Month. Learn about the power of food and how to make positive, lasting changes in your life. Pre-registration required.

Fee: Free

When: Monday, March 23, from noon to 1 p.m.

Where: Scripps Whittier Institute
SWDP Classroom 113
10140 Campus Point Drive
San Diego, CA 92121

>> *Registration required. Call 800-727-4777 or [click here to register online](#).*

Fee: Free

When: Friday, March 27, from noon to 1 p.m.

Where: Scripps Clinic Rancho Bernardo
LL Side B
15004 Innovation Drive
San Diego, CA 92128

>> *Registration required. Call 800-727-4777 or [click here to register online](#).*

Cooking for Health: Recipes for Healthy Living

In this free cooking class, learn how to make vegetarian and vegan meals that are delicious and easy to prepare.

Fee: Free

When: Wednesday, April 1, from 6 to 7:30 p.m.

Where: Scripps Center for Integrative Medicine
Yoga Room
10820 N. Torrey Pines Road
La Jolla, CA 92037

>> Registration required, call 858-554-3300 by March 27. Learn more [online](#).

UPCOMING HEALTH CLASS PROVIDED BY MEMORIALCARE (ORANGE COUNTY)

Back Pain Slowing You Down?

Your spine could be telling you something if you are experiencing back pain, neck pain or a tingling sensation in your arms, legs or feet. Join MemorialCare experts for a free seminar and Q&A session about back pain.

Fee: Free

When: Wednesday, March 11, from 5 to 7:30 p.m.

Where: Old Ranch Country
3901 Lampson Ave.
Seal Beach, CA 90740

To register, [click here to sign up online](#) or call 800-MEMORIAL (636-6742).

Tips for Keeping Your Allergies and Asthma Under Control

Do you feel like you can't get relief from seasonal allergies or asthma? Join one of our physicians as we discuss ways to prevent, treat and minimize symptoms of allergies and asthma. Registration is required.

Fee: Free

When: Wednesday, April 8, from 5 to 6:30 p.m.

Where: Orange Coast Medical Center
18035 Brookhurst St.
Fountain Valley, CA 92708

To register, [click here to sign up online](#).